

Patients of NCCo Doctor Whose Medical License, Controlled Substance Registration Suspended Urged to Seek Ongoing Care

DOVER (Aug. 1, 2019) – On July 30, 2019, the medical license and controlled substance registration of Damon Cary, MD, were suspended temporarily by the Delaware Board of Medical Licensure and Discipline. The suspension was the result of a request made by the Delaware Attorney General's Office following investigations into the prescribing and treatment practices of Dr. Cary. The Board and the Secretary of State can temporarily suspend a license pending a hearing if a complaint concerning the activity of a licensee presents a clear and immediate danger to the public health and safety.

Patients being treated over a long period of time with certain medications at Dr. Cary's practice locations in Newark or Wilmington will be in need of providers with expertise in treating similar types of patients with opioids and benzodiazepines. That's why the Department of Health and Social Services' Division of Substance Abuse and Mental Health (DSAMH) is providing suggested resources for patients of Dr. Cary in need of accessing ongoing care.



Patients of Dr. Cary who were receiving treatment and need assistance with withdrawal symptoms can contact DSAMH's Mobile Crisis Helpline for New Castle County at 1-800-652-2929 to be connected to needed services or they can visit HelpIsHereDE.com.

Patients of Dr. Cary who are seeking referrals to physicians may contact Dr. Cary's offices, their insurers or local hospitals. Referrals may be limited based on the availability of specialists who are accepting new patients. Patients need to be aware that each prescriber is different and may not continue the medications in the exact dose or on the same schedule as their previous prescriber.

Opioid withdrawal can be serious and potentially life-threatening. Commonly prescribed opioids include: hydrocodone (Norco), oxycodone (Oxycontin, Percocet), oxymorphone (Opana), morphine (Kadian, Avinza, Oxycontin), hydromorphone (Dilaudid), and fentanyl (Duragesic). Signs and symptoms of opioid withdrawal may include:

- Restlessness
- Anxiety
- Nausea
- Vomiting
- Diarrhea
- Sweating
- Tremors
- Rapid heart rate and changes in blood pressure
- Confusion
- Hallucinations (auditory and visual)
- Increased pain

Symptoms of abrupt opioid withdrawal can be severe and are best managed with medical assistance. This most often includes monitoring of heart rate and blood pressure, and administration of medications to ease withdrawal symptoms.

Benzodiazepine withdrawal can be serious and potentially life-

threatening. Benzodiazepines include Xanax (alprazolam), Ativan (lorazepam), Klonopin (clonazepam) and Valium (diazepam). While most patients will not experience withdrawal symptoms, those who do will need to seek immediate medical attention. Signs and symptoms of benzodiazepine withdrawal may include:

- Sweating
- Tremor
- Increased heart rate
- Increased blood pressure
- Nausea and vomiting
- Hallucinations
- Seizures

Patients who are unable to secure an alternate treatment provider and who experience any of the above symptoms for opioid or benzodiazepine withdrawal should seek immediate treatment at the nearest emergency room.

While opioids and benzodiazepines do serve medically needed purposes, they each are in families of prescription drugs that can be easily subject to dependence. Twice as many Americans regularly abused prescription drugs than the number who regularly used cocaine, hallucinogens, heroin and inhalants combined. Accidental poisonings have surpassed minor vehicle accidents as the number one cause of fatalities in Delaware.